

VU CHEW Program

(Cooking, Healthy Eating, and Wellness)

Lower salt swaps



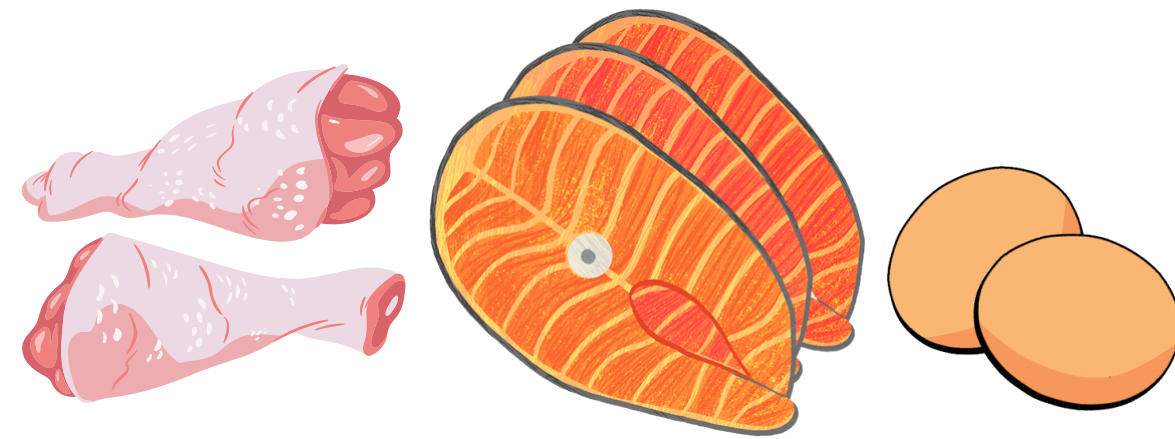
Sauces: soy, tomato, sweet chili



Herbs and spices



Processed meats: bacon, ham, salami



Lean meat, poultry, eggs, tofu



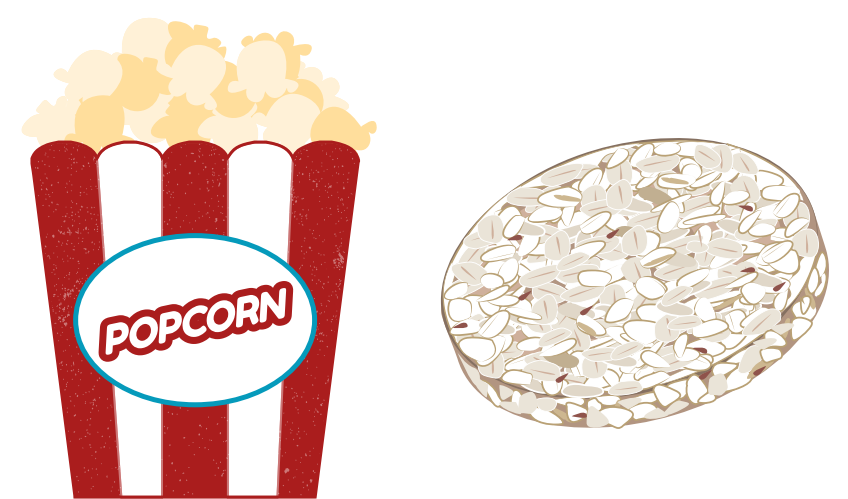
Hard cheese



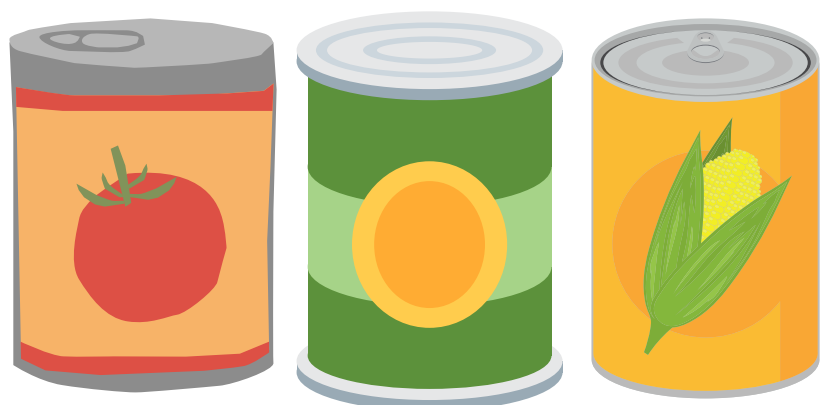
Soft cheese: cottage, ricotta, mozzarella



Snacks: chips, crackers, salted nuts



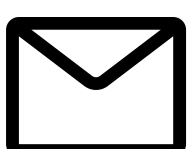
Unsalted popcorn, rice cakes, nuts



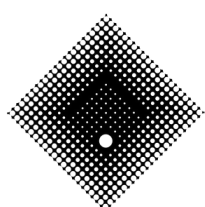
Canned vegetables



Fresh fruits and vegetables



contact Monica for more information monica.wellington@vu.edu.au



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Supporting People with an Intellectual Disability to Access Health (SPIDAH)

